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Friday, January 7, 2011

The Times

WEEKEND EDITION

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New exhibit at EKSC

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — A new exhibit at the East Kentucky Science Center is an interactive attraction called the "Genomics eXplorer," which includes a tour guide, known as Cyto and a giant walk-through model cell.

The exhibit is scheduled to open to the public on Jan. 15.

According to an exhibit description provided by Big Sandy Community and Technical College, "Genomics eXplorer focuses on the plant genome and the ways researching the plant genome can help make improvements to the environment, agriculture, and human health. In addition to the giant walk-through cell, Genomics eXplorer also has five large, interactive displays that give visitors the opportunity to play games and watch interactive videos relating biology and genetics. The exhibit features lessons that will both interest and stimulate younger minds along with providing information on the cutting edge of genetics research."

For more information on Genomics eXplorer, planetarium shows, and updates on all the programs at the East Kentucky Science Center, call (606) 889-8260.

2 DAY FORECAST

Today

Snow

High: 29 • Low: 18

Tomorrow

Snow

High: 29 • Low: 14

For up-to-the-minute forecasts, see
floydcountytimes.com

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SSA

At the American Social Security Administration

Hester sentenced for rape, sex abuse

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — A 93-year-old Prestonsburg man was sentenced to one year in prison on Thursday on counts of rape, sodomy and sexual abuse.

Robert Henry Hester, who was not incarcerated when he appeared in circuit court on Thursday, was taken into custody after Judge Johnny Ray Harris sentenced Hester to one year in prison as part

of a plea agreement with the Floyd County Commonwealth's Attorney.

Hester signed a plea agreement two months ago for a charge of third-degree rape, two counts of third-degree sodomy and four counts of first-degree sexual abuse. Hester was credited for 127 days in custody, including home incarceration. He must register as a sex offender for life.

The incidents that led to charges

(See SENTENCE, page 8)



Robert Henry Hester, 93, waits to be sentenced on charges of rape, sodomy and sex abuse in Floyd County Circuit Court on Thursday.

photo by
Jarrid Deaton

MAN HUNT



Police staked out residences between Westminster and Graham streets in Prestonsburg during the search for Steven Rogers, 21, who escaped from custody on Thursday. Rogers was arrested around 1 a.m. Thursday and charged with kidnapping.

photo by Jarrid Deaton

Kidnapping suspect escapes from custody

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — What police say what started as a domestic dispute in Martin, then led to a kidnapping in Prestonsburg, ended with a Wayland man being arrested in Johnson County Thursday and escaping custody in Floyd County the same day.

Steven N. Rogers, 21, of Rock Fork Road in Wayland, was arrested in Johnson County and charged with kidnapping by Prestonsburg Police early Thursday morning.

According to police, Rogers was involved in a domestic dispute with Regina Hall they say was dealt with by having Hall transported to the apartment of a family friend at Cliffside for safety.

Though jailed on a \$100,000 cash bond Thursday, Rogers escaped from a bailiff during transport back to the Floyd County Detention Center around 3:30 p.m. following his court hearing the same day. As of press time, both city and county police officers

(See ESCAPE, page 8)



Steven N. Rogers

Floyd to look at restricting pain clinics

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Floyd County Judge-Executive R.D. "Doc" Marshall said Thursday that he and his staff would be talking with Knott County officials and looking closely at the ordinance that county's fiscal court passed banning pain clinics within its borders this past week.

"I would say that, for now, I would need to contact or talk with County Judge Randy Thompson in Knott and see what they actually did and how they went about it," Marshall said.

Marshall compared the ban to the recent smoke-free ordinance passed last year in Floyd County.

"It's sort of like when they came in and did the smoke-free buildings," continued

(See CLINICS, page 8)

Man charged with mail theft

by SHELDON COMPTON
STAFF WRITER

McDOWELL — A man is now facing charges of stealing mail after a McDowell woman obtained a warrant claiming he stole a check belonging to her family from her mailbox.

Robert Lyle Stumbo, 28, of Minnie, will appear for a preliminary hearing early next week on one charge of theft of mail matter.

The charge comes after Jaynie Watts told police in a statement that resulted in an arrest warrant that Stumbo stole her mail, saying she found out when Tiffany Marcum tried to cash

(See THEFT, page 8)

Push being made for East Ky. veterans hospital

by JARRID DEATON
FEATURES WRITER

A group of citizens have united to help bring a veterans hospital to Eastern Kentucky.

Citizens for Veterans Health Care has been handing out petitions to businesses and individuals in the area to make people aware of the needs facing the veterans of the regions.

According Khrys Varney, the spokesperson for the group, over 9,000 names have been collected

and sent to government officials in the hopes that hospital will be built in Eastern Kentucky.

Varney said that the idea for a veterans hospital began at a grant writing workshop she attended in July. Varney, along with Solomon Kilburn, facilitator of the workshop, discussed things they would like to see happen in the area and the veterans hospital was one of them.

Kilburn and Varney teamed up with Prestonsburg VFW Post 5839 Commander Paul Edwards, VFO

5839 Post Surgeon Ron Allen, Jerry McBrayer, an Army veteran and other veterans in the region to begin distributing petitions at various locations and during local festivals.

"These petitions and a letter asking for assistance were sent to Sen. Mitch McConnell and Congressman Hal Rogers," Varney said. "Both have given their support to the project and the group is moving forward with constructing a website and getting the petition of Facebook. There is also a company, Faith Action Outdoor Signs, which

has donated the use of a billboard in the area to spread the word about the petitions and make people aware of the needs of our veterans."

For more information about the project, including how to volunteer and where to sign a petition, contact Khrys Varney for Floyd County by calling (606) 791-1824, Paul Edwards for Johnson County at (606) 297-5666, Ron Allen for Pike County at (606) 587-2243 and Phyllis McCoy for Martin County at (606) 298-0138.

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Three deaths on Kentucky roads during New Year's holiday

FRANKFORT

Preliminary statistics indicate that three people died in two separate crashes on Kentucky roadways during the New Year's Eve holiday enforcement period (Thursday, Dec. 30, through Sunday, Jan. 2). Last year, there were five highway fatalities during the same enforcement period.

One crash occurred in Logan County, involving a motor vehicle and the victim was not wearing a seat belt.

The other fatal crash was a double-fatality that occurred in Henderson County. The suspected use of alcohol was a factor in this crash and neither victim was wearing a seat belt.

Through Dec. 31, preliminary statistics indicate that 747 people have lost their lives on Kentucky roadways during 2010. This is 44 fewer fatalities than reported for the same time period in 2009.

There were 585 motor vehicle fatalities and 311 of those victims were not wearing seat belts. Eighty-one of these crashes involved a commercial motor vehicle. Fifty-nine pedestrians and six bicyclists were killed. Seventy-nine fatalities involved a motorcycle, 16 fatalities involved an ATV and two involved a scooter. A total of 151 fatalities resulted from crashes involving the suspected use

of alcohol.

Citizens can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas. Crash data for this report is generated from the Kentucky Fatality Analysis Reporting System (FARS).

Rogers welcomes new deputy district director

WASHINGTON, D.C. — U.S. Rep. Hal Rogers welcomed Chris Girdler back to the Rogers team as his new deputy district director.

"I am pleased to announce that Chris Girdler will be serving as my deputy district director in Somerset," said Rogers. "Chris served as my field representative for the western half of Kentucky's Fifth Congressional District for three years, gaining the trust and partnership of thousands of families and community leaders across the region. Chris became one of my most valued advisors during that time and I am pleased that he has accepted this new role work-

ing along-side my long-time trusted friend and District Administrator, Bob Mitchell."



Chris Girdler

Chris Girdler has become well acquainted with the issues our communities share across Southern and Eastern Kentucky through his work with Rogers' expansive portfolio and as a former executive in the private sector.

"Congressman Rogers' energy and passion for community and public service is contagious," said Girdler. "I am looking forward to once again serving him and the people of the Fifth Congressional District. It is an honor to do so and I'm humbled by his trust and confidence in me."

Girdler is involved in various community and civic activities. He currently serves on the Center for Rural Development's Executive Committee, Somerset-Pulaski Chamber of Commerce Board of Directors and various advisory boards.

Girdler was the recipient of the "2007 Professional of the Year" presented to him by the Somerset-Pulaski Chamber of Commerce and most recently was awarded the prestigious "2010 Young Alumni of the Year" by Eastern Kentucky University.

Girdler, his wife Courtney and their daughter, Charleston are life-long residents of Somerset, Kentucky where they attend the First Baptist Church.

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Highlands Health System is pleased to announce the addition of Urologist, Brett D. Akers, D.O. Dr. Akers is board certified in Urological Surgery by the American Osteopathic Board of Surgery. After practicing in Danville, VA, Dr. Akers is returning home to Eastern KY to serve patients of the region.

Highlands continues to grow it's experienced team of healthcare professionals. Please join us in welcoming Dr. Akers back to our community.

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Viewpoint

Amendment 1

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances.

Guest View

Good idea, bad timing

Rep. Brad Montell recently pre-filed a bill to allow charter schools in Kentucky. While charter schools in other states have shown an ability to increase educational attainment, we're not sold on the idea that these schools would be a good thing for Kentucky at this point and time.

Charter schools have gained popularity in the U.S. in recent years, and operate outside of the rules of the public school system. In Kentucky money is a key issue in the formation of charter schools. Though Rep. Montell's bill allows for only a five-year pilot program with the number of schools to be limited to 20, from where will the money for any new school come? Just ask officials in the Perry County District, and they'll tell you funding for a new school is hard to come by.

Under Rep. Montell's bill, charter schools can skip the new building process by purchasing existing structures, and the proposed Public Charter School Commission can apply for federal assistance, but there necessarily must be state funding involved as well. And there is no guarantee that any federal grants will be approved.

Considering the ongoing furlough days, budget cuts and measures to hold education funding harmless, can the state afford to fund any charter schools as well? We're not so sure.

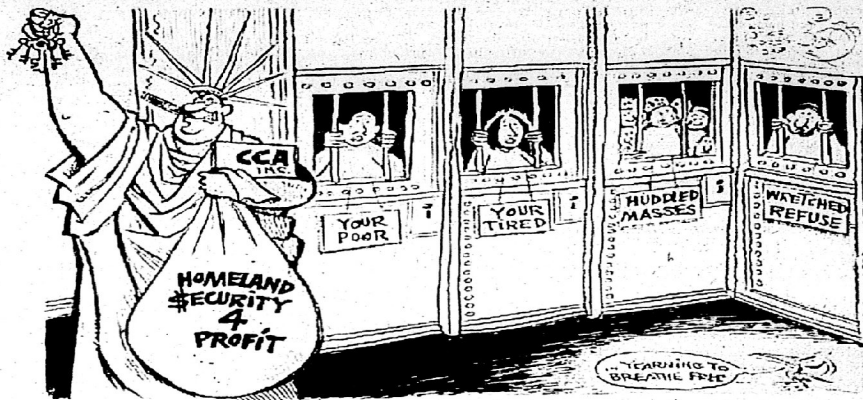
Other states where charter schools are already operational are running into the funding issue head-on. In Buffalo, New York, charter schools have faced funding freezes and minimal funding per student when compared to district schools.

Here in Kentucky, although we don't expect 20 charter schools to magically spring forth as soon as any bill is signed into law, where state government funding for education is already tapped out, without additional funding sources we doubt there would be any funds available for even one school short of federal grants or private donations.

We're well aware that Kentucky apparently just missed out on a lot of federal Race to the Top dollars, but we really can't depend on those funds until the money is officially a part of the state's budget. There is no guarantee that the federal government, trillions in debt itself, would present money to Kentucky.

Charter schools are a good idea, and there are plenty examples of where these schools have paid dividends. We think Kentucky will, and should, approve charter schools. We're just not sure now is the time to do it.

— Hazard Herald



Beyond the Beltway

America the exceptional

by DONALD KAUL
OTHERWORDS

We are the greatest country on earth. If you don't believe it, just ask us.

American "exceptionalism"—the declaration of which produces the warm feeling of knowing there's nobody as good as you are—is a growth industry these days, particularly in the right wing's workshops.

Hardly a day goes by without a conservative politician telling us how terrific we are and how anybody who disagrees should be deported.

"The reorientation away from a celebration of American exceptionalism is misguided and bankrupt," writes presidential hopeful Mitt Romney in his new book, *No Apology: The Case for American Greatness*.

Not to be outdone, another candidate, Mike Huckabee, told an interviewer: "To deny American exceptionalism is to deny the heart and soul of this nation."

Rick Santorum, Newt Gingrich, and Mike Pence (you're not going to believe this, but he's a Republican presidential hopeful too) have all spoken out on the issue; Sarah Palin devoted a whole chapter in her book (not a picture book, either) on "America the Exceptional."

OK. I'm as willing to go along with a joke as the next guy. Before I

accept a claim of greatness, however, I'd like to see a little proof. How are we the greatest country on earth?

Education? Surely the greatest country on earth would have the leading educational system in the world. We don't.

The Organization for Economic Cooperation and Development recently published the results of achievement tests given to 15-year-olds in 65 countries of the world.

Our kids came in 25th in math, 17th in science, and (here's the good news) 14th in reading.

Add to that we've slipped to twelfth in the industrialized world in percentage of college graduates. When most high school seniors can't tell which came first, the Mexican War or the Spanish-American war, or find Russia on a map of the world, it's "Mission Control, we have a problem."

So maybe we're not so hot in education. The leaders in that category are South Korea, Finland, and Singapore, along with some regions of China. But we're still the greatest military power in the world. We have a great Army, a terrific Navy, an incredible Air Force, and a Marine Corps to die for. We spend as much on our military as the rest of the world put together.

So what good is that? We keep having trouble winning wars against opponents that have no navy, no air force, and no tanks. They hide in caves and in trees and they make bombs in their kitchens to blow up our troops. So what good is our military might if it can't bring victory in the wars we fight?

Worth Repeating ...

Cruel leaders are replaced only to have new leaders turn cruel.

— Ernesto "Che" Guevara

What about other categories?

Health? Nearly a third of the country is obese. Fifty million people don't have health insurance, and they won't be getting any if the Republicans get their way about repealing our landmark health reform bill. And we have one of the highest infant mortality rates in the civilized world. Not great.

Transportation? You're joking, right? I once tried to take a train from Detroit to Washington D.C. and they told me I'd have to transfer to a bus in Pittsburgh. It takes three hours to get on a plane, and that's if they don't make you take off all your clothes. No greatness there.

Oh, I know, our political system. As Newt Gingrich put it:

"American exceptionalism refers directly to the grant of rights asserted in the Declaration of Independence... [It stems from] our assertion of an unprecedented set of rights granted by God."

Except when it came time to write the Constitution, God seemed to forget about blacks and women. Neither were granted full citizenship, or in the case of blacks, fully human status. Good maybe; not great.

I'm an American by birth and I like being an American. I couldn't imagine living anywhere else.

But so far as "exceptionalism" goes, I think it's a close cousin to Dr. Samuel Johnson's description of patriotism—"the last refuge of a scoundrel."

OtherWords columnist Donald Kaul lives in Ann Arbor, Michigan. www.otherwords.org.

Letters

Riverview helped

I don't write very many letters to the paper, but I had to write this one. I am experiencing what many of you have gone through, are now enduring, or may in the future — caregiving for an elderly parent. I never dreamed I would be at this place in my life, but now I am. Having seen this gradually approach over the last year, it was thrust upon me and my family this past November.

My mom has become very sick. Due to diabetes and grieving the death of her husband three years ago, her health has dramatically declined. I made trips to Alabama in August, September, October, and November. She fell in the middle of the night last October and hit her head, cutting her forehead. After being in the hospital for three days, I knew something was going to have to happen soon; yet I was struggling with taking my mother's liberty, decision making, and independence away from her. Then on Nov. 6, my two stepsisters found mom trapped in the bathtub and I knew things had to change. I was heartbroken for her.

You see, I have had two TIAs (mini strokes) in my almost 49 years. The one in June 2002 was so severe that it left my entire left side numb and lifeless for many hours due to a clot getting stuck in the right carotid artery in my neck. Then, in Dec. 2008, a blockage in my brain caused the left side of my face and neck to go numb and lifeless for several hours. So, seeing the potential handwriting on the wall, I have already made the necessary arrangements for my family to have long-term care given to me in the event I suffer a major debilitating illness. I don't want to be a burden to my precious family, realizing how difficult it can be for one to give long-term care, and the fact they are so young. This is why I am writing this letter.

I am privileged and blessed by God to pastor the Fitzpatrick Baptist Church in Prestonsburg. In the seven

years I have lived here, I have visited and ministered to the wonderful folk at Riverview Healthcare Center many times, residents and employees. I have always admired and bragged about the atmosphere, cleanliness, activities, kindness and professionalism of the management and staff at the facility. I have also thought they were wonderful and thanked the Lord we have such a place, service and people here in our area.

Then, Nov. 6 came. I knew exactly what I had to do for my precious mother and where she had to be. The same place I would want to be. I made a phone call from the hospital in Alabama. Three days later we transported mom to Riverview to begin rehabilitation and care. Now, I am on the other side of the fence and you know what ... I am even more impressed. WOW! They are amazing! Really! I have complete trust in the management to do the right thing by my mom, and those caring for my mom to do what is best for her with compassion and respect. You see, I know most of them personally. And I know they are giving each resident the same respect, attention and care they need and deserve. The admissions, wound care people, physical therapy, dietary, nursing, chaplain, CNAs, activities, custodial, and on and on, are phenomenal.

I can't say enough good things about this place or its people. I try and thank them, and tell them how grateful I am, but it just doesn't seem to be enough. My mom desperately needed them. I desperately needed them. And they were there. For that I truly am thankful. May the Lord bless Riverview Healthcare and its ministry to the people of Eastern Kentucky. Thank you all.

Tommy Reed
Prestonsburg

(See LETTERS, page 6)

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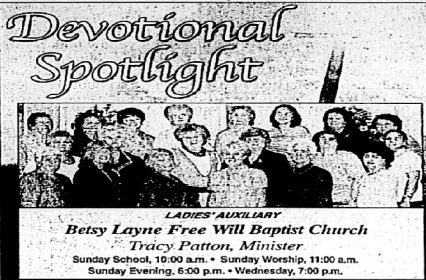
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Floyd County Devotional Page

This devotional and directory is made possible by these businesses who encourage all of us to attend worship services.



LADIES' AUXILIARY
Betsy Layne Free Will Baptist Church
Tracy Patton, Minister
Sunday School, 10:00 a.m. • Sunday Worship, 11:00 a.m.
Sunday Evening, 6:00 p.m. • Wednesday, 7:00 p.m.

ASSEMBLY OF GOD

First Assembly of God, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.

In Victory Assembly of God, West Prestonsburg; Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Salyersville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister.

Peace Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 60 and U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 6:00 p.m.; Midweek Thurs., 7:00 p.m.; J.M. Sloce, Minister.

BAPTIST

Allen First Baptist, Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.

Auxier Freewill Baptist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thursday, 7 p.m.; Bobby Spencer, Pastor.

Ball Branch Regular Baptist Church, Mousley Ky. Worship Service, 9:30; Every third Sat. and Sun. of each month, Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Karmel Newsome 606-377-5681 for more information.

Benedict Baptist, Slick Rock Branch, Cow Creek; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Fitch, Minister.

Betsy Layne Free Will Baptist, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.

Big Sandy Community and Technical College Baptist Student Union, J 102; Wednesday, 11:30 a.m.; Vera Janner 888-3863, ext. 67267.

Bonanza Freewill Baptist, Abbott Creek Road, Bonanza; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.

Brandy Keg Freewill Baptist, Corn Fork; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Misk, Minister.

Calvary Southern Baptist, Betsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.

Community Freewill Baptist, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.

Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Lafferty, Minister.

Daniels Creek Baptist Fellowship Church of God, Banner Services; Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.

Drift Freewill Baptist, Drift; Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m.; Jim Fields, Minister.

Endicott Freewill Baptist, Buffalo; Sun. School, 10 a.m.;

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2. Believe in Christ (John 8:24, 14:13)
3. Turn from Sin (Luke 13:3, Rom. 6:12-23)
4. Confess Christ (Acts 8:37, Matt. 10:32-33)
5. Be Baptized (Buried & Raised)
6. Walk in Newness of Life (Rom. 6:1-23)

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Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening Service, All Welcome, 7 p.m.; Pastor Mark Hunt, 606-478-2698

Faith Bible Church, an independent Baptist church, located on 1428, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wrenn.

Faith Freewill Baptist, 1/4 mile above Worldwide Ept. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Donnie Patrick, Minister.

First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister.

First Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday Evening Service 7 p.m.; Wednesday, 7 p.m.; Greydon

Howard, Minister.

First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed. 6:30 p.m.; Jerry C. Workman, minister.

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Pastor Tommy Reed.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 7 p.m.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 7 p.m.

Garrett Regular Baptist, Route 550, Garrett; Sunday School, 10:30 a.m.; Worship Service, 11:00 a.m.; Wednesday, 6:30 p.m.; Larry Patton, pastor. Phone 358-9610.

Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

Jacks Creek Baptist, Bevinville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Truist.

Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jimmy Caudill, Pastor.

Lackey Freewill Baptist, Lacksy; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collier, Minister.

Lancer Baptist Church, 71 Cootley St., Prestonsburg; Sunday School, 10:00 a.m. Morning Worship, 11:00 a.m. Evening Worship, 6:00 p.m.; Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter.

Left Beaver Regular Baptist Church across from Garth School, 4th Saturday & Sunday 10:00 a.m., Odd Saturday 6:00 p.m.; Gary Compton, Pastor.

Liberty Baptist, Denver; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Marie Little, Minister.

Ligon Community Freewill Baptist, Ligon; Sunday Service, Sunday, 11:00 a.m. Thursday, 7 p.m.

Little Rosa Regular Baptist Church of Jesus Christ, 1000 S. 21st St., KY Rt. 1428, Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister. home phone 285-3385

Martin Branch Freewill Baptist, Estill; Sunday Service, 11:15 a.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.

Martin Freewill Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

Maytown First Baptist, Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Vamey, Minister.

McDowell First Baptist, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Slide Stinson, Pastor.

Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.

Mountain Baptist, 2146 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister. home phone 285-3385

Pleasant Home Baptist, Water Gap Road, Lancer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.

Prater Creek Baptist, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Wendell Crager, Minister.

Rock Fork Regular Baptist, Garrett; Sunday School, 9:30 a.m.; Jerry Manns, Pastor; Willie Cray Jr., Assistant Pastor.

Salt Lick United Baptist, Salt Lick, Haysville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.

Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.

Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.

The Third Avenue Freewill Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Philip Ramey, Pastor.

Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.

Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

Trimble Chapel; Sunday School; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m.; Youth Services 7 p.m.; Everyone Welcome.

United Community Baptist, Hwy. 7, Haysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.

Wheelwright Freewill Baptist, Wheelwright Junction; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Louis Ferafi, Minister.

CATHOLIC

St. Martha, Water Gap; Mass: Sunday, 11:15 a.m.; Saturday, 5 p.m.; Sunday; Father Robert Damron, pastor.

CHRISTIAN

First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

CHURCH OF CHRIST

Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.

Prestonsburg Church of Christ, 88 Hwy. 1428, Prestonsburg, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly, Minister.

Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.

Highland Church of Christ, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Haysville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney, Minister.

Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lorie Meade, Minister.

Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Martin Church of Christ, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Gary Mitchell, Minister.

Maytown Church of Christ, 66 Turkey Creek Rd., Langley; Sunday Bible Study 10:00 a.m.; Sunday morning worship, 11:00 a.m.; Evening Worship 6:00 p.m.; Wednesday Bible Study 8:00 p.m.

Upper Toler Church of Christ, 3.5 miles up Toler Creek on right, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m. John Burke, Minister.

CHURCH OF GOD

Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Judith Caudill, Minister.

Community Church of God, Arkansas Creek, Martin; Worship Service, 11 a.m.; Friday, 7 p.m.; Bud Crum, Minister.

First Church of God; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven Williams, Pastor.

Garrett Church of God; Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m.; Bill B. Tussley Jr., Pastor.

Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater Jr., Minister.

Little Point First Church of God, 671 Little Point Road, East Point; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jeff White, Pastor.

St. Ligon, Church of God of Prophecy, Saturday Service, 6:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

EPISCOPAL

St. James Parish; 562 University Drive, Prestonsburg, KY 41653, (606) 888-3666; Coffee Hour, 10 a.m. Morning Worship, 11 a.m.; Wednesday evening worship, 7:00 p.m.; Mon-Fri., 10 a.m.-2 p.m. Reverend Stan McGraw. www.dioecesisstjames.org Visit us on Facebook!

LUTHERAN

Our Savior Lutheran, Sgo Bayco Room Carriage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLV (600 a.m.) 12:05 p.m.; Roland Bentrup, Minister.

METHODIST

Auxier United Methodist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mead Music, Minister.

Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Barbara Blum, Minister.

Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.

Community United Methodist, 147 Burke Avenue (off University), 11 a.m.; Sunday School, 10 a.m.; Wednesday, 7 p.m.; Bobby G. Lawson, Minister.

Emma United Methodist, Emma; Sunday School 10 a.m.; Sunday Worship Service 11 a.m.; Pastor David Proffitt.

First United Methodist, 256 South Arnold Avenue; Sunday School, 9 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev. Jim Adams, Pastor.

Horn Chapel Methodist, Auxier Road, Auxier; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Midweek Service; Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carr-Back, Minister.

Graceway United Methodist, Rt. 80, Sunday School, 9:45 a.m.; Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

Salisbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.

Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.

Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.

Vogel Day United Methodist Church, Harold; Sunday School, 10 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Harlan, Minister.

Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.

Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.

Free Pentecostal Deliverance, Ekt. 46 off M.L. Parkway at Canyon; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Order, Minister.

Free Pentecostal Holiness, Rt. 122, Upper Burton; Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Samian, Minister; David Pike, Associate Minister.

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcolm Stone, Minister.

Harvey First Free Pentecostal, Floyd and Magallon County Line; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister. 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.

Free Pentecostal Church, Dwaile; Services Saturday, 6 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

PRESBYTERIAN

Drift Presbyterian, Route 1101, Drift; Worship Service, 11 a.m.

First Presbyterian, North Lake Drive, Prestonsburg; Sunday School, 9:30 a.m.; Worship Service, 11 a.m.

SEVENTH DAY ADVENTIST

Seventh-Day Adventist, 5 miles West on Mountain Parkway; Church Service, 9:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263; Church, 886-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

The Church of Jesus Christ of Latter-Day Saints; Sacrament Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Freethood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Richard Salisbury, Bishop.

OTHER

Pastor Altha Johnson welcomes everyone to attend services at the CHURCH OF GOD OF PROPHECY TRAM KENTUCKY, Sunday school 10 a.m., Worship service 11 a.m.

Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.

Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.

Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.

Faith Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister. 886-9460.

Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed. 7 p.m. Carl & Missy Woods, Pastors.

Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.

Full Gospel Community, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 p.m.; Lavonne Lafferty, Minister.

Lighthouse Temple, Main St. and Hall St.; Worship Service, 12 p.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Ray Cosby, Minister.

Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m.; Sunday Evening, 6:00 p.m. Pastor: Curt Howard.

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The Usual Eccentric

The Great Barnhart Barn Burglary

by WILL E. SANDERS

One day last spring after changing my oil, my uncle Don Beamer sprang up from beneath my S-10 with a clump of chewing tobacco in his mouth the size of a billiard ball. He spit into the wastebasket, wiped his mouth with a dirty handkerchief, and gave me a good once over with his 60-something-year-old eyes.

"You wanna go get my disc plow from Barnhart?" he said.

Before I knew it, I was riding shotgun as Beamer drove his rickety blue dump truck down Horseshoe Bend Road, hauling behind it a slightly-intact and even rickier trailer. It wasn't until I

was in transport with no viable means of escape that I learned in greater detail the specifics of said disc plow — why some guy named Barnhart had it and why I potentially made a mistake in agreeing to retrieve the farming implement.

As with any plan hatched by Don Beamer, well-intentioned or not, there always seems to be a crime or two hidden deep within the core. He's no stranger to crime himself, either. He's the only fellow I know who has been ejected from at least one major sporting event that I'm aware of.

"Don Beamer?" I asked Don Beamer.

"Yeah," he replied with a crooked grin.

"We're not just going to get your plow, are we?"

"Well, something like that at least, kid," he said.

Apparently, Beamer and Barnhart had a — how should I put this? — falling-

out of some kind. I understand it was a lot like the movie "Grumpy Old Men," but with more tobacco-spitting involved. Except, a short time before this "falling-out," Barnhart borrowed Beamer's disc plow and never returned it.

That was two years ago. And now Beamer wanted it back — today!

Beamer could tell I seemed on edge the rest of the way over to Barnhart's place. Justifying our future felony crimes quite rationally, he reasoned, "It isn't stealing if you're stealing something back that you previously let someone borrow — even if you have to break into a pole barn to get it back."

"I'll be sure to bring that up at our trial," I said.

Barnhart lives about 100 yards back from the road down a long drive. Beamer

had made it perfectly clear on the drive over: He was going to Barnhart's to get his disc plow back, and he didn't care if anybody was home or not. So with motives tantamount to burglary, Beamer assured me he knew a good lawyer.

After we pulled up to the barn that Beamer thought his disc plow would be in, he parked the dump truck and so began the great Barnhart Barn Burglary, as it has since been named. And let me tell you how relieved I am to report to you that Beamer was not home at the time of the crime. I can't tell you how afraid I was at the prospect of possibly having to break up a fist fight between two old guys.

In a matter of seconds, Beamer jimmied the barn door open like he was James Bond. That's when I paused, reflected and took it all in.

"So this is it," I wondered. "My life has been reduced to acting as a pawn in a frivolous hillbilly reconnaissance mission involving senior citizens in rural Ohio."

It didn't take us long to find the disc plow. Sunlight blasting through two dislodged wooden barn planks illuminated the crude piece of agricultural machinery like it was the Holy Grail. We took it as a sign from God that he was totally cool with us breaking a few of his commandments as long as the end justified the means.

I bet you've seen a disc plow before, which is usually a shiny chassis that drags a series of metal plates (or discs) beneath it. By contrast, Beamer's disc plow was a poster child for tetanus shots, not to mention the Hantavirus, since mouse droppings littered the rusted device. It weighed as much

as the trailer that we spent the next 10 minutes getting it up on.

Eventually, we fled the scene on a lazy Tuesday afternoon, totally inconspicuous in our blue dump truck hauling a yellow trailer with a rusted disc plow sitting on top of it. But at least we made sure to shut the barn door behind us before we left. Besides, just because we were stealing from a barn didn't necessarily mean we were born in one.

To contact Will E. Sanders, visit his website at www.willesanders.com or send him an e-mail at wille@willesanders.com. To find out more about Will E. Sanders and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at www.creators.com.



Thomas Rainey, secretary for the Floyd County Chamber, welcomes Pastor Dr. Lee Boyd, of Destination Community Church.

Chamber welcomes DCC

PRESTONSBURG — The Floyd County Chamber of Commerce recently welcomed new chamber member, Destination Community Church.

Driving through Floyd County, people might wonder why anyone would think to open a new church. There are plenty of churches in the county, right? Destination Community Church, or DCC for short, is a new church serving Floyd and surrounding counties. DCC began about a year ago with the first services being held in a living room with eight adults and 10 children.

The leadership team at Destination does not think they have all the answers nor are they trying to replace any other churches. They believe that this area needs as many churches as possible in all shapes and sizes. In Floyd County alone there are more than 23,000 people who do not attend church.

"These 23,000 people are our friends, our family, and our co-workers and for whatever reason have not felt like church is for them. With these people in mind, we are striving to make DCC a place where people meet Jesus. In short, we want people to see that Jesus and church can be a real part of their everyday lives," says Lee Boyd, pastor of Destination Community Church.

Boyd added, "When you visit you will quickly see that DCC is a little different. We are pretty laid back. Most of the people wear jeans and t-shirts and you can enjoy a cup of coffee and snacks on the house. We are a non-denominational church made up of all kinds of people of all ages and walks of life. Pretty much, come as you are."

Destination Community Church wants Sunday to be the best day of your week and a place where you will want to come back. The worship is contemporary, edgy and alive and the teaching is practical, uplifting and inspiring. Simply stated, "they're music is rockin' and the message is relevant."

DCC has also put as much effort in their children's program. Route 252 is the interactive Sunday morning children's environment in which the goal is to partner with parents in teaching children about Jesus. The 252 team has created a fun and exciting program that children will want to come back to. Destination thinks kids are the best and want Route 252 on Sundays to be their favorite time of the week.

Destination Community Church would like to invite you to their next service on at 161 East Court Street at 11 a.m.

Medicare

Continued from p2

Medicare Part B premium.

For more information about Medicare Parts A, B, C, and D, visit the Centers for Medicare & Medicaid Services (CMS) website at www.medicare.gov. Or read our publication on Medicare at www.socialsecurity.gov/pubs/10043.html.

For more information about online services just call your local Social Security Office in Prestonsburg at (888) 462-1144. The office is located at 1897 Kentucky Route 321 in Prestonsburg, KY. Representatives are available to answer questions.

And remember, we have representatives available to give presentations and speeches about Social Security Programs. Contact the office for more information.

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FAILURE to have a program to keep infection from spreading.

FAILURE to store, cook, and give out food in a safe and clean way.

FAILURE to properly mark drugs and other similar products.

FAILURE to make sure that the nursing home area is free of dangers that cause accidents.

FAILURE to make sure that staff members wash their hands when needed.

FAILURE to provide needed housekeeping and maintenance.

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FAILURE to give the right treatment and services to residents who have mental or social problems adjusting.

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FAILURE to have drugs and other similar products available, which are needed every day and in emergencies, and give them out properly.

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FAILURE to provide care in a way that keeps or builds each resident's dignity and self respect.

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Letters

Prestonsburg Health Care is the best

I have experienced firsthand the abuse that unfortunately occurs in nursing homes. It is unacceptable and an issue we all need to actively take a part in and let the public hear our voice.

I don't know the answers, but what I do know is our loved one (which is my husband's mother, Dot, who has more severe than moderate Alzheimer's) is now in a state-of-the-art, grade-A nursing home, Signature Health Care Prestonsburg Health Care Center.

We don't have the concerns that we once had. We know that she is receiving quality care and that she is no way neglected or abused. We can sleep at night, and that is a great relief and weight off our shoulders.

PHCC facility never ceases to amaze me. We are always kept updated on what is going on. She always looks pretty with her hair done, nails painted and dressed appropriately. Her quality of life has improved there in the last couple years. We were her caretakers for four years with no outside help and fully understand the challenges that wear you down.

But the real reason I wanted to comment on all this nursing home abuse is to let the public know "not all should be judged by what we hear or read nor should we believe what high-paid lawyers say/publish so they can add millions to their already padded accounts." It saddens me to see how these lawyers reel in the families because all they are interested in is money. They could care less about the little resident.

I say this because I have the right. I am not only the family member of a long-term care resident but I am also a certified legal nurse consultant. I know how the families are taken advantage of. My advice to the public is: When the people taking care of your loved one are attacked, we need to stand beside them and support them. If you have an issue with anything about their care, speak with your administrator. Don't play these lawyers' game.

The important thing is our loved one. People should not dread making that decision as we did to place our "mother" in a long-term care facility. PHCC strives to give their patients an optimal quality of life. It's not about taking our loved one to a place to be forgotten and left to die, but it's about knowing they are being taken care of and the resident is happy and the facility is trying to offer their residents their dreams. They include them in what "they" are interested in your round.

The administrator there is Lynn Fletcher and she goes above and beyond. She is involved in all their care and not sitting behind a desk barking orders. Honestly, I have never seen her in her office. She is always helping tend to the "family" that resides there.

Sometimes, the family that resides there is the employees and the administrator when the weather is bad. They all throw a bag and stay overnight at the facility or go home with the administrator. Lots of the employees there live in areas difficult to get in

and out of, so to assure adequate staffing for shifts following bad weather, they all work together and stay together.

The staff at PHCC is warm and helpful. They love their job. It shows. They want to be there. They want to make a difference.

Signature Healthcare has been trying to change the reputation of long-term care for the last few years. Putting into their policies what residents are entitled to, like their choice of meal entrees. Served, not with food on a tray but food set out in front of them that they chose, like we would set our dinner tables. A drink bar upon arrival that allows them the choice of coffee, soda, juices, teas, and at dinner times, they are allowed a glass of wine with their meals if they so desire. Tables are set with tablecloths and centerpieces. Lights are slightly dimmed. Music is softly played.

Activities within the facility are numerous. Patients can attend if they want, and if not, they are not pushed to the lobby to made listen or watch. Patients' rooms are what the families or staff make them. The essentials are furnished. And if the resident has a family, then rooms are decorated by staff. In our Mother Dot's room, we chose to take her "memories quilt," which hangs on the wall behind her bed with her two children and spouses and four grandchildren and spouses' pictures on it. We took her purses, (which she loves to change out) her makeup, her nail polish, her yorkee stuffed animal to replicate the yorkee she claimed at our home. And when we visit we sometimes take "Harley" up to see her. He seems to always remember her. Dot, I am not always sure. Cards Dot has received are displayed on her chest. A quilt over her bed is one she made with her own hands. Clothes hanging in her closet are also made with her own hands. We keep money in her personal account so she can have the things she loved prior to moving there (like Milky Ways and Coke, though I think she has given up the Coke at this time). Residents there also have a voice. They have resident council meetings to listen and act upon the desires or needs of the resident.

In my hand, I am holding the December Activity Calendar and to mention a few of the events planned just this past month. Cooking classes (where residents are involved in the actual cooking), movie nights every Wednesday, a day at the spa on Saturdays where the residents can have their nails manicured/painted. They also get their hair permed, styled if

desired.

Residents are taken to Wal-Mart weekly in the summer months, if they want to go. Church groups come in and have sermons and singing on different nights. Tabletop games, bingo, Wii games, birthday parties, craft making, quilting clubs, ice cream socials, card making so they could send out Christmas cards, and the list goes on and on.

In December, for the holidays, a lot of extra activities were planned. The facility planned to take the residents to see the lights around town and to see nativity scenes, but the weather there was unsafe on those days, so they had to cancel. Holiday movies were shown, bird feeders were made to feed the birds when the snow came, Christmas parties, singing, dancing, a day where the staff and residents could just wear their pajamas if they didn't want to dress. That was just for the month of December.

Earlier this year, they made a float and the residents participated in the Jenny Wiley Festival Parade and won first prize for their creation. Fundraisers done by the staff throughout the year help to pay for these things as well as their Christmas funds, so Santa can bring everyone a gift.

In warmer weather, the residents go fishing. They go out on a pontoon boat with life jackets and cruise Dewey Lake. They take them on a bus to see the leaves changing. They go to the park and have picnics. They go to the planetarium. Sometimes movies aren't just at the facility but they take them to the cinemas. In the summers, the residents participate in a program called in the city rollers and they take them for strolls in the city and take them to eat at Billy Ray's, a restaurant in

Prestonsburg, or to Giovanni's, famous for pizza in Prestonsburg.

When we visit sometimes, we see a welcomed and different aura at that facility. It is the administrator's way of life. She lives there and loves it. Mostly she goes home at night to sleep but not always. And more often than not, you will also see her husband there volunteering for free his time to help do what he can.

If she is not at the facility, you are likely to see her out shopping for things (looking for bargains) to make the facility even more home-like. Or you may see her coming in packing food that she made at home for something a resident had asked her for (like home-made chicken or fresh garden food), something she does to make a difference.

If you go to Signature Healthcare facilities and your life dream was to go sky diving before God called you home, you may find them working to see that you get to fulfill that dream. Of course, families must sign liability releases but if a resident wants to do something he always dreamed of they will do everything in their power to see that it happens.

Just imagine for a moment:

You are getting up in age and are scarcely thinking about who will take care of you when you can no longer do it yourself. Most of us don't want to be a burden or we have nobody to watch over us. I used to think of that, and thoughts I had were not pleasant. Now, I don't fear that day anymore. I know when that time comes for me where I am going, I don't have to give up my wants or independence. I can order what I want to eat. I can go on outings. In the summer, I can help them plant and harvest the garden they have. I can still plant flowers.

I asked my nephew once if he would look after me when I was old. He said he would make sure I had an electric wheelchair. What else could I want?

I just don't know how to thank the facility and staff for all their hard work, and for the effort they do above and beyond the other facilities. We donate stuff to the facility but it seems so little when what they are doing in the lives of those precious residents is so priceless!

Thanks, Prestonsburg Health Care Center. You're the best!

Donna McMullin
Lexington

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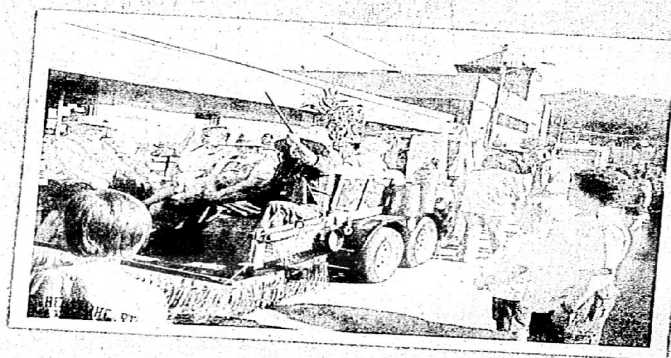
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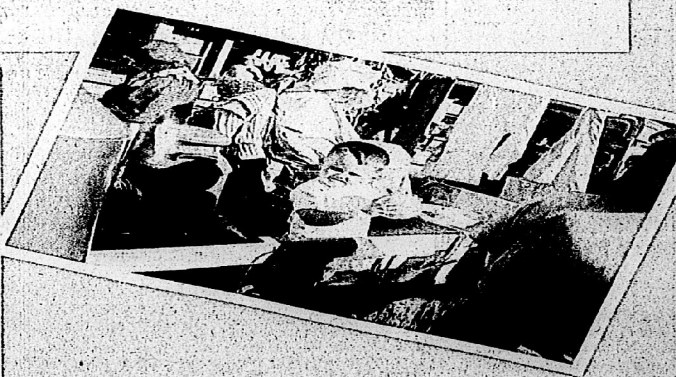
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It's a "Old Time" and "Hillbilly Hitchin'" at Prestonsburg Care and Rehab. As the ideal of having a float in the Jenny Wiley Festival came to life, the residents and staff came in first place in the parade.



B1

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FLOYD COUNTY Sports

Friday, January 7, 2010

UK Football
- B2

Bobcats struggle early, late in loss to Perry Central

Martin nets game-high 18 points for Betsy Layne boys

by STEVE LeMASTER
SPORTS EDITOR

HAZARD — After battling back from an early deficit Betsy Layne fell short on Wednesday night in a highly anticipated tournament

matchup versus Perry County Central. Fourteenth Region title contender Perry County Central finished strong in the WYMT Classic matchup, outscoring Betsy Layne 25-15 during the fourth quarter to defeat the Bobcats 53-42.

Junior guard Trevor Combs paced Perry County Central with a team-high 14 points. Senior center Dillon Cornett, another leading per-

former, added 13 points for the Commodores.

Perry County Central controlled the opening quarter, outscoring Betsy Layne 12-3. The Commodores ultimately led at the end of each quarter. Perry County Central, however, clung to a one-point lead at the start of the fourth period after being outscored in each of the two middle quarters.

The Bobcats outscored

Perry Central 16-10 in the second quarter, leaving the Commodores to lead 22-19 at the break. Perry County Central 28-27 at the conclusion of the third quarter.

Sophomore center Dalton Cornett exited the court one field goal shy of double figures, finishing with eight points for the Commodores. Dustin Brewer, Austin Pray and Braxton Beverly chipped

in six points apiece for Perry County Central in the win.

Betsy Layne had one scorer reach double figures. Nathan Martin tossed in a game-high 18 points for the Bobcats. Dylan Hamilton pushed in eight points, Casey Atkins and Michael Henson chipped in five apiece; Andrew Roberts scored three and Tyler Recznick netted two for the Betsy Layne boys'

basketball team. Derek Tackett scored on a free throw for the Bobcats.

Betsy Layne dropped its second straight game. The Bobcats were facing Knott County Central Thursday night in the WYMT Classic. The Betsy Layne-Knott County Central boys' basketball game ended too late to

(See BOBCATS, page two)

All 'A' tourney is an instant classic

by RICK BENTLEY
TIMES COLUMNIST

Tomorrow will see the beginning of my favorite regular-season tournament when the East Kentucky Expo Center plays host to the 15th Region All-'A' Classic.

I've gone on record as saying when the tournament began some 20 years ago I was not in favor of it. My love and passion for the Sweet 16 led me to be against this, fearing it would lead to the class system being implemented in the postseason tournaments.

It's safe to say at this point that's not going to happen. I don't believe Kentucky will ever go to classes for basketball, at least not in my lifetime, and if it ever happens we'd be hard pressed to blame Stan Steidel's baby after all these years.

There's a lot of history in the All-'A' Classic, particularly on the boys' side. The 15th Region has been a power in the statewide tournament since its inception, with Paintsville having a lot of success in the mid- to late-1990s and of course Shelby Valley having won the last two tournaments.

I've been covering sports in the 15th Region since 1988, and without a doubt the most entertaining night I've ever spent at a basketball game was when Elkhorn City and Allen Central met in the finals at Pikeville High School. To begin with, it'd be hard to top a game featuring Randy McCoy coaching against John Martin.

Both of them took a backseat to the dazzling display put on between Todd Conley of Elkhorn City and Jeremy Hall of Allen Central. Each broke the single-game record for three-point shots made in a game — it actually was broken three times that night, with Conley breaking it, Hall passing him and Conley winding up with it — en route to 54 points being scored by one and 48 by the other.

What I saw that night was made even more impressive a few short years later when the final score of the championship game saw both teams

(See CLASSIC, page two)



RUNNIN' REBELS

ACHS announces makeup games

TIMES STAFF REPORT

EASTERN — The Allen Central High School athletic department, under the direction of Larry Maynard, has announced dates for makeup games.

Allen Central will travel to South Floyd on January 19 to make up a December doubleheader it had scheduled with 58th District/Floyd County Conference rival South Floyd. The girls' game is set to tip off at 6 p.m. with the boys' teams taking the floor at the conclusion of the contest.

In another game, the Allen Central boys' team will travel to Matewan on February 10. Allen Central was originally slated to face Matewan on January 4.



CHEER CHAMP: On November 12, the Adams Middle School Varsity Cheerleaders competed in the Right Beaver Classic cheerleading competition and won first-place in the Varsity division. The squad is coached by Kristi Fannin.



Lady Eagles turn back Milligan

by STEVE LeMASTER
SPORTS EDITOR

PIPPA PASSES — Ariel Nickell netted a game-high 19 points and Whitney Frazier flipped in 16 as Alice Lloyd College beat Milligan College 65-58 on Monday in a non-conference women's basketball game at the Grady Nutt Athletic Center.

Host Alice Lloyd shot 43.1 percent from the field, draining 22-of-51 attempts. The Lady Eagles were 3-of-9 from 3-point range.

Host Alice Lloyd controlled the boards, outrebounding Milligan 52-33. The Lady Eagles grabbed 36 defensive rebounds.

Alice Lloyd led 33-30 at the break. The Lady Eagles won despite committing 22 turnovers.

Gemma Gray scored nine points and Nikki Durman added seven for the Lady Eagles.

Alice Lloyd was 11-of-16 from the free throw line in the non-conference victory.

Senior center Heather Mandela led Milligan with 16 points. Johneshia Good added 12 for Milligan in the setback.

Milligan only committed 11 turnovers in the loss.

Boyd standout signs with Baseball Bears

TIMES STAFF REPORT

PIKEVILLE — A standout pitcher from the Ashland area has signed to play baseball and continue his educational opportunities at Pikeville College.

Cody Clark, a right handed pitcher for traditional baseball power Boyd County, has committed to play baseball for the Bears. Clark has a tremendous junior year for the Lions, going

(See BEARS, page two)

Knox wins Kentucky Classic, Adams finishes second

Blackcats runner-up in statewide tourney

TIMES STAFF REPORT

FRANKFORT — Knox County Middle School finished a perfect 4-0 to take home the title at the boys' Converse Kentucky Classic held in late-December. Adams Middle School was the runner-up while Barret Traditional Middle School finished third in the double-elimination tournament at the Frankfort Convention Center.

Knox County jumped out to a 22-8 lead in the championship game. The Panthers pushed the lead to 19 at 29-

10, before Adams used a 7-0 run to cut the lead to 29-17. Knox County answered with a 13-3 run to close the half and take a 44-20 lead to the locker room.

The Panthers dominated in the second half, going on top 58-31 at the end of the third quarter. The Blackcats used an 11-2 run to cut the lead to 18, 42-60 with three minutes remaining in the game. That was as close as they would come as Knox County rolled on to the championship, defeating the Blackcats by a final score of 66-49.

Tournament Most Valuable Player Matthew Barger led Knox County with a game-high 22 points, followed by fellow all-tour-

ney team selection Dustin Hensley who had 13 in the championship game. Jeffrey Adams added 10 points for the Panthers.

Adams also had two players named to the All-Tournament team in Dalton Frasure and Jarred Jarrell. Frasure led the Blackcats with 17 points. Jarrell added 10 points in the championship game.

Barret and Adams battled in a hard-fought contest that resulted in the Blackcats earning the right to play in the championship game. The Hilltoppers led 23-18 at the break, but the Blackcats used a 15-9 run to take a one-point lead, 32-33, at the end of the third period. The two teams continued to play

evenly and Barret cut the margin to two at 40-38. Adams closed the game with a 10-6 run to win by the final of 50-44 and advance to face Knox County in the championship game.

Dalton Frasure paced the Blackcats with 13, while Jarin Hall and Jarred Jarrell added 10 apiece in the victory. Chris West led Barret with a game-high 17 points. Davis Mattingly also finished in double digits with 12 points in the loss.

Barret Middle and Knox County faced off earlier in the day in the winner's bracket. The Panthers jumped out to an early lead and were up 26-6 after one period. The Hilltoppers

outscored Knox County 15-14 in the second quarter to cut the halftime margin to 40-21. The foes continued to play evenly in the second half, but the early jump was enough for Knox County to hold on and win by the final of 73-49.

Five Panthers reached double figures, led by Dustin Hensley and Brandon Gray with 14 apiece. Jeffrey Adams added 13, while Matthew Barger and Trent Tuttle chipped in with 12 and 11, respectively. Tony Smyer led the way for Barret with 13 points in the loss.

Adams Middle easily defeated Good Shepherd in

(See ADAMS, page two)

15th Region Boys' Basketball Standings

Team	Record
East Ridge	8-2
Pikeville	8-3
Johnson Central	7-2
Sheldon Clark	6-5
Betsy Layne	5-4
Pike Central	5-5
Belfry	4-4
Allen Central	4-6
Magoffin County	4-7
Prestonsburg	4-8
Paintsville	4-8
South Floyd	3-4
Shelby Valley	3-5
Phelps	3-8
Plarlet School	1-1
Lawrence County	0-11

15th Region Girls' Basketball Standings

Team	Record
Shelby Valley	9-1
Magoffin County	9-2
Belfry	6-1
Paintsville	6-3
Pikeville	6-4
Betsy Layne	6-6
East Ridge	6-6
Johnson Central	5-4
Sheldon Clark	5-6
Prestonsburg	4-6
Pike Central	4-6
Lawrence County	4-7
South Floyd	3-4
Phelps	2-6
Allen Central	2-8
Plarlet School	1-7

Bears

9-2 with a 2.20 earned-run average. In addition, he struck out 51 batters while just yielding 16 walks.

He was selected to the all-district and All-16th Region while also being named to the Kentucky Junior All-Star team that competed this summer in Chicago at the Midwest Classics. He was also on the Under Armour National Team for Baseball Factory.

"We are pleased to have Cody a part of the Bear baseball family," said Pikeville College Coach Robert Taylor. "He brings a lot of ability as well as a great attitude for the art of pitching. Cody's attitude, competitiveness, and success made him a great fit as we continue to build the baseball program."

"Boyd County baseball is one of the traditional powers

in the Commonwealth and to have a player from a program of this caliber brings a winning attitude to our team."



CODY CLARK

Continued from p1

Classic

held under 40 points.

This year the regional tournaments in the 15th will be played simultaneously, and, as Bill Watson would say, at the same time too. That means the tournaments start tomorrow and run through Monday, Jan. 17.

It'll be interesting to see how it plays out. On the boys' side, the nine teams were a combined nine games under .500 as of Wednesday, with one side of the draw having four teams who are 15 games under.

It would seem the tournament favorite, if not the outright champion, will be determined in the quarterfinals. Pikeville is 8-3 on the season and plays the first-round game against 3-4 South Floyd. If the Panthers win, they will play Betsy Layne.

While Junior Newsome's Bobcats are only 5-3 on the campaign, their tough play last season, particularly down the stretch, makes them a definite player in this tournament.

Sheldon Clark was 6-4 at midweek, so it could factor in as well.

In the bottom bracket, three teams already have eight losses and the other — 3-4 Shelby Valley — hasn't played that many games yet.

It's very unfair to say the Wildcats are the two-time defending state champions of this event. While the school has won back-to-back crowns, the returning players have hardly any experience at that level at all. It's undue pressure that the current crop of Wildcats don't deserve.

On the girls' side, things could be a little more interesting. The best record belongs to Rodney Rowe and Shelby Valley, which stood at 9-1 on Wednesday. The Lady Kats figure to be challenged in the quarterfinals — if they get past Allen Central in the opener — when they meet Betsy Layne, which has had a lot of success in this tournament in the past.

In the bottom end, Paintsville is 6-3 and Pikeville is both 6-4 and hot, and they play in the quarterfinals. Of the three teams in the bottom of that bracket, Sheldon Clark is 5-6 but probably better than that.

Continued from p1

The women's teams in the top bracket were 23-25 on the season entering Wednesday's play, while the bottom five were 21-24, thanks largely to Piarist's 1-7 being factored in.

The consensus is Shelby Valley will be the overwhelming favorite, but I'm sure Rowe wouldn't like hearing that at all. Looks like any of five teams could win it.

When the All-"A" started here in the early 1990s it was very difficult to get a seat in the T.W. Oliver Memorial Gym at Pikeville. I know the Expo Center is much larger, but the crowds — like those for most every other basketball game played in Kentucky not held in Rupp Arena — are nowhere near what they used to be.

It would be nice to see more folks out as the tournament progresses. I'll guarantee you'll see a lot of heart and effort on display.

I've really come around on this idea of a tournament for the smaller schools in the Commonwealth. It would be great to see the public embrace it again.



ALLEN CENTRAL'S MICAH HARLOW worked for position during an EQT Energy Classic/Pikeville Invitational Tournament matchup versus Hurley (Va.), last week. Below: Braxton Tackett lofted a shot for the Rebels during the same game.

Bobcats

make this edition.

WYMT Classic
at Perry County Central
Perry County Central 53,
Betsy Layne 42

Betsy Layne (5-4): Martin
18, Tackett 1, Adkins 5,
Roberts 3, Recznik 2,
Hamilton 8, Henson 5,
Perry County Central (7-3): Dillon Cornett 13, Dalton

Cornett 8, Brewer 6, Combs
14, Pray 6, Beverly 6,
BL.....3 16 8 15-42
PCC...12 10 6 25-53

Continued from p1



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COLLEGE FOOTBALL

Wildcats continue workouts for bowl in Birmingham

TIMES STAFF REPORT

BIRMINGHAM, Ala. — The University of Kentucky football team turned in another good effort during a two-hour practice Wednesday afternoon at Hoover High School, Coach Joker Phillips said.

"Again, upbeat," Phillips said when asked about the workout. "We have a team that understands how to practice. That's what we like about this football team. They come out with good attitudes, know how to practice fast. We have a team that understands how to practice and it starts with enthusiasm and excitement. Tomorrow is another day to get ourselves better, hone up some assignments, make sure everybody knows what they're doing. We will go a little bit lighter than today, go over some situations, be ready for the walk-through on Friday and play on Saturday."

Phillips continues to be pleased with the contributions made by new co-defensive coordinator Rick Minter.

"He's made a huge impact," Phillips said of Minter. "He coaches every day, every minute, teaching football. Rick is all ball. Does he like to have fun with the kids off the field? Yes, but when it's time for ball he's a no-nonsense guy."

At press time on Thursday, Kentucky was conducting its final practice. The team will have a walk-through on Friday before taking the field Saturday at noon ET (11 a.m. CT) at Legion Field against the Big East Conference tri-champion Pittsburgh Panthers.

Weather report continues to improve: The projected weather for Saturday's BBVA Compass Bowl continues to get better. The forecast according to weather.com calls for partly sunny skies and a high of 50 degrees in Birmingham on Saturday.

Adams

the first elimination game of the tournament. The Blackcats won 50-20, as BJ Holliday led the way with 18 points. Jarin Hall and Grant Martin added 10 and seven, respectively. Travis Skelton had a team-best 10 points for the Irish in the loss.

Union County defeated Owsley County in a close contest. Union led 25-17 at the end of the third period and saw the Owls pull to within four at 27-23. That was as close as they would come, however, as the Indians went on to win by

the final of 30-25. Isaiah Skinner and Bo Robison led the Union offense with eight and seven points, respectively. Braden Hoskins had eight to lead the Owls.

In the fourth game of the day, Adams eliminated Union County with a 56-24 win over the Indians. The Blackcats used a 30-9 scoring streak to open the game and never looked back. Hall led Adams with 12, followed by Seth Marcum and Jordan Ray who added 10 apiece. Union was led by Skinner who finished with seven

points in the loss.

ALL-TOURNAMENT
TEAM

Matthew Beger — Knox
County (Most Valuable
Player)

Dustin Hensley — Knox
County

Jarred Jarrell — Adams
Middle

Dalton Frasure — Adams
Middle

Chris West — Barret
Middle

Continued from p1

FLOYD COUNTY Lifestyles

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MOVIES FROM THE BLACK LAGOON

'The Losers'

by TOM DOTY
TIMES COLUMNIST

Five mercenaries team up with a femme fatale to blow things up in this slam-bang action-fest from a DC Comics' series.

It wasn't so long ago that a film based on a comic book meant capes and goofy costumes, but

Tom Doty
Times Columnist

comics have grown up (into "Graphic novels," thank you very much) and now offer all kinds of story possibilities. Here you get a variation on the "A-Team" formula with an elite military unit that does covert operations for the government, but never with their overt approval. Basically these guys will be taken care of as long as they never get caught or killed. Unfortunately, they never counted on betrayal but that's just what happens to them while executing an operation during the opening minutes of the film.

Their job was just to paint a target on the jungle compound of a Bolivian drug lord so that an air strike can blow his operation sky high. They sneak in and send the coordinates, but they then spot children at the facility. Turns out Bolivian drug lords are so evil that they spit on drug law as well as child labor practices. The team tries to abort the strike, but they are shut down, so they opt to go in and extract the kids before the bombs hit.

This turns into a bravura sequence that shows you that these guys may be killers, but they have standards. They manage to get the kids out, but there isn't enough room on their helicopter for the team to get out so they give up their seats so the children can escape.

Bad idea. Their employer, Max, has decided to write off the cost of the vehicle as an example of what happens when men disobey him. He orders the copier to be shot down and thus incurs the wrath of the team.

The only problem is that they are believed to be dead and now they are stuck in South America to boot. They meet a young lady, Aisha, who gets them help if they'll kill Max for her. Easier said than done. The group now uses their skills to come after Max, but things get complicated when they steal his database and then must contend with betrayals.

In between, you get a couple of well-mounted mini-operations as they gather intelligence on Max and arm up for the final showdown.

This is an action flick that delivers the goods and manages to do so without going for an "R" rating. It gets rough at times, but your average eighth-grader should get a big kick out of it. There is a bit of vulgar humor but that's par for the course.

The film works due to good plotting and an exceptional cast that manages to handle the arch dialogue and stunts with equal measure.

Jeffery Dean Morgan ("The Watchmen") makes for an effective team leader. He's tough but sentimental and when he offers a team member the chance to opt out of the danger and get back to his family, you believe his sincerity. He's just as at-home stabbing a guy in the eye, so he's the perfect mix of tough yet tender (sort of like a sweeter version of Frank Purdue).

(See LAGOON, page 5)

Conservation scholarships available

The Floyd County Conservation District is now accepting conservation scholarship applications from graduating Floyd Co. High School Seniors. This is a one time scholarship awarding \$1,000 with proof of

college enrollment. Eligible students must have at least a 3.0 G.P.A. verified by a high school counselor.

The completed applications must be postmarked and returned to the Floyd County Conservation

District Office by February 15th to be eligible. Applications are available at Floyd County Conservation District Office located at Mayo Branch of Brandyke (approximately 7 from the Lancer-Watergap Intersection

traveling toward Jenny Wiley State Resort Park).

For more information, contact the Floyd County Conservation District at 889-9800 or email at conserve@bellsouth.net.

HELPING HANDS

Wesley students support Salvation Army

by JARRID DEATON
FEATURES WRITER

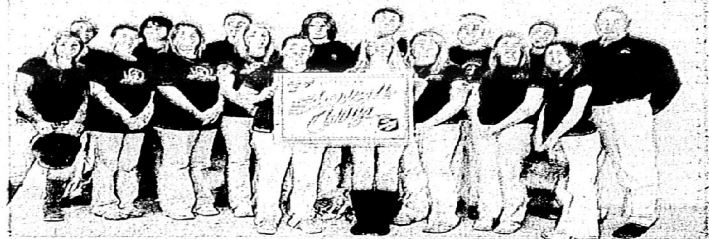
ALLEN — Students from Wesley Christian High School helped to support the Salvation Army and the organization's causes this Christmas by raising money to help provide temporary comfortable housing and healthy meals to those in need.

The students and officials at the school helped to take up money by ringing Christmas bells while wearing red Santa hats and greeting people with free candy canes. The students were accompanied by Principal Glen Ripkoski and Mrs. Damron, the head of the science and math department. Johna Simmons, liaison for the elementary and high school, coordinated the event.

The group of students and staff were called "Disciples in Action," and the group is coordinated by Johna Simmons and Crystal Ripkoski.

"They conducted themselves with much maturity and had a great time giving back to our community," said Principal Glen Ripkoski.

The Salvation Army contacted Simmons and said that the money the students raised by



the students from Wesley Christian would be used to help a small family who had lost all of their belongings in a house fire.

"They were spreading Christmas cheer with

smiling faces," said Crystal Ripkoski. "Without a doubt, great things are happening at Wesley Christian Schools."

Governor announces energy assistance

FRANKFORT — Gov. Steve Beshear announced Wednesday that Kentucky families who need help paying for heat during winter's colder months can apply for assistance this month.

The assistance is part of Low Income Home Energy Assistance Program (LIHEAP), funded by the U.S. Department of Health and Human Services (HHS).

"Home heating in the winter is essential, and now is the time to plan for the worst of the cold weather," Gov. Beshear said. "Kentucky families facing a crisis can apply for energy assistance so they can make ends meet and keep warm."

This fiscal year, HHS has released more than \$2.7 billion for LIHEAP, which helps families pay their energy bills, particularly during the very cold and hot months.

Kentucky received \$34 million for LIHEAP's cooling and heating programs this fiscal year. A portion of that money — about \$11.8 million — is available now for families facing a home-heating emergency.

In Kentucky, the Cabinet for Health and Family Services (CHFS) administers the LIHEAP program through a contract with Community Action Kentucky (CAK), which disburses benefits through Community Action Agencies (CAA) across the state. Every county has at least one staffed CAA office.

LIHEAP's first winter funding phase, for all eligible families who need heating assistance, ended in December.

The program's crisis phase, for families facing a home-heating emergency, began on Jan. 4 and

ends March 31, or when funding runs out.

CHFS Secretary Janie Miller said that low-income families are especially vulnerable to higher costs when their energy use increases in the winter.

"With colder months coming, it's reassuring to know families facing financial emergencies can access this crisis funding," she said.

Miller also praised the partnerships that ensure the funding goes to the Kentuckians who need it.

"Cabinet and CAA staff does a wonderful job administering this program to help offset seasonal energy costs for low-income families so they have more of their income for other basic needs," she said.

Miller said the eligible households that can benefit most — sen-

iors, the disabled and families with young children — are particularly encouraged to take advantage of LIHEAP assistance.

LIHEAP is a short-term aid program available to clients at or below 130 percent of the federal poverty guidelines. For example, a family of four must have a monthly income of no more than \$2,389.

Families applying at their CAAs during the crisis component must bring a past due or disconnect notice from their utility provider.

For more information about applying for LIHEAP, go to <http://chfs.ky.gov/dchs/dhs/LIHEAP.htm>. Or visit www.communityactionky.org or call (800) 456-3452 to find a local CAA.

To learn more about other family assistance programs, log on to chfs.ky.gov.

DINNER DIVA

Creative leftovers

Holidays can leave us with lots of leftovers—I hope you stuck a bunch in your freezer!

When we remember to feed our freezer and have a plan for how we're going to use leftover food, we can recoup our losses and not waste a bit of it. If you find that you're feeding your garbage disposal it's time to get creative with your leftovers. So take note!

1) Single Serving. Freeze your leftovers that night into individual single serving sized portions. Now you have a quick frozen dinner for someone later down the road.

2) Have a Plan. Before you cook your meal is the very best time to decide what exactly you will do with the leftovers. If you can prepare more now and freeze half for later, you'll save yourself time and money in the long run.

3) Write it Out. Make sure and write what it is on the freezer baggie with a Sharpie marker (it's the only one that won't run). Everything looks the same once it's frozen!

Here are a few more ideas —
-Ham: Leftover ham can be used to cook a lot of different

things — pinto beans, corn chowder, potato soup and ham salad for example. You can also slice the ham and use it in sandwiches of course, and as a side to your breakfast eggs, or you can use it in a casserole. You can also use the leftover ham in your fried rice, your nightly veggie side dishes, as a baked potato topping, and into a quiche, too.

-Chicken or Turkey: Poultry leftovers are very versatile. You can

(See DIVA, page 4)

CAR TALK

What caused
explosion?

— page B5



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Fun & Games

page B9





Family Medicine

Martha A. Simpson, D.O., M.B.A.
Associate Professor
of Family Medicine

Q The new year is coming, and I know I need to make some resolutions about my health. But every year I make and break them. How can I make resolutions that I can keep?

A Making "New Year's resolutions" is a longstanding tradition. Many people feel the beginning of a new year is a good time to make changes to improve their health and future. However, most resolutions are so broad, they're impossible to keep. An example might be, "I'm going to lose 20 lbs." Note that there's

nothing in the resolution about how you are going to lose the 20 lbs., or by when.

Some resolutions are just downright vague, like "I'm going to exercise this year." If you make no specific plan, it's very easy to put the resolution aside.

If you want to make New Year's resolutions you can keep, make them focused and achievable. Sometimes you're better off to make one good, reasonable resolution than several that aren't sustainable.

Once you have decided on

New Year's resolutions should be specific and realistic

your resolution, write it down very specifically. If your goal is weight loss, then spell out what you want to do: "I want to lose 12 pounds by April 1, 2011." You can continue your resolution by stating how you are going to accomplish this. You might say: "I am going to limit myself to 1500 calories per day. I will weigh myself every Saturday morning. I expect to lose one pound every week."

In April you can reassess your goal and perhaps set a new goal for the next 12 weeks as well as reevaluate your methods for weight loss. At that point, ask yourself questions like: "Did it work?" "Did I lose 12 pounds?" "Was sticking to 1500 calories a day hard or easy?"

A research study several years

ago shed further light on the differences between "good" and "bad" resolutions. The study involved more than two hundred people who had made New Year's resolutions, most relating to health. By July 1, about forty percent of them were still keeping their commitment. The researchers found that those forty percent had several things in common.

First, they believed from the very beginning that they had the ability to change. They had self-confidence, and they set realistic goals. Second, they did not engage in self-blame. And third, they avoided wishful thinking. In other words, they didn't go into the new year believing their life would change completely if they lost weight or quit smoking.

Rather, they kept themselves centered on realistic thinking, like "I'll feel better when I look in the mirror if I lose weight," or "I'll be able to smell and taste my food a lot more if I quit smoking."

Remember that a New Year's resolution is not about adding to the stress in your life; it's about improving your life. If making and breaking a resolution is too stressful for you, don't make resolutions. But if you do make a resolution and break it, don't get discouraged — just try again. For most people, relapses are a part of breaking any bad habit. Don't forget. It doesn't have to be New Year's Day to make resolutions. You can make a vow to improve your health any time you want.

GOOD HEALTH

When medicines fail to quell heartburn

DEAR DR. DONOHUE: I am 25. I have a serious case of GERD. I've been put on four different medicines. They aren't working.

I also have palpitations throughout the day. I've been told by doctors and nurses that there is nothing dangerous about them. I'd like to know if this true. — J.C.

ANSWER: GERD — gastroesophageal reflux disorder — is heartburn. It's the upward spurting of stomach acid and digestive juices into the esophagus, the swallowing tube, a place that is not able to cope with these corrosive juices the way the stomach is.

Eliminate or go easy on foods that make GERD worse: citrus fruits; tomatoes; onions; carbonated drinks; spicy, fatty or fried

foods; chocolate; peppermint; and caffeine. If you're overweight, weight loss lessens GERD symptoms. Don't lie down after eating. Don't smoke. Sleep with your head, chest and stomach on a slope by putting 6-inch blocks under the bedposts at the head of your bed. That position keeps stomach acid in the stomach. Don't wear anything that constricts your stomach, like tight pants or tight belts.

Medicines called "proton pump inhibitors" nearly completely turn off acid production. Nexium, Prevacid, Prilosec, Protonix, Aciphex and Dexilant are their names. If you still have heartburn while on these medicines, it's OK to use an antacid along with them.

If medicines fail, other causes of heartburn need

consideration, things like bile reflux or eosinophilic esophagitis. If these conditions aren't found, then surgical treatment of GERD is an option that's open to you.

Palpitations mean a thumping of racing heart. They can be felt as a thud in the chest. The cause is an extra beat — or more correctly, a premature beat — one that comes before it should. The beat after a premature beat is delayed. During the delay, the heart fills with more blood than usual, and that causes a thump in the chest when the heart empties. Premature beats are almost always innocent and need no treatment. You can believe your doctors and nurses.

The booklet on GERD explains this common malady and its treatment. To

order a copy, write: Dr. Donohue — No. 501W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Can you give me insight into the Hamman-Rich syndrome? My father passed away from it. — L.R.

ANSWER: I can tell you only a little, because only a little is known about it. It's a lung injury that comes on suddenly, with damage to the lung air sacs (the alveoli) and the spaces between the air sacs, the interstitium. The cause is unknown. Because of such destruction, oxygen cannot get into the blood.

Patients are severely short of breath, have a fever and they cough. The only medicines are ones to keep the person going as best as possible. There is no cure medicine. Even with a ventilator, death happens to more than 60 percent of these patients.

It's an illness that reminds doctors that they don't have an answer for every malady. You and your family have

my condolences.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.

TAURUS (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You might also want to get started on that home makeover you've been considering.

GEMINI (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.

CANCER (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.

LEO (July 23 to August 22) Although the Lion might see it as an act of loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible melt-down later.

VIRGO (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.

LIBRA (September 23 to October 22) Don't hide your talents. It's a good time to

show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.

SCORPIO (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.

SAGITTARIUS (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.

CAPRICORN (December 22 to January 19) While your creative aspect remains high this week, you might want to call on your practical side to help work out the why and wherefore of an upcoming decision.

AQUARIUS (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.

PISCES (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.

BORN THIS WEEK: You can be both a dreamer and a doer. You consider helping others to be an important part of your life.

Diva

■ Continued from p3

use them in the same types of dishes as the ham, soups and stews such as dumplings, vegetable soup, white chili, and turkey salad. You can use turkey anywhere you'd use chicken, in casseroles, and dishes such as with pasta like, chicken fettuccini carbonara, and both birds make excellent pot pies.

-Veggies: Any veggies left over can be frozen and then tossed into your soups or stews. You can use them up in stir fried dishes too. Remember that pureeing them into a soup isn't a sin; it's a virtue (and adds extra nutrition, too!).

The important thing with leftovers is to have a plan for them and they won't be a mere left-over anymore, but a made over!

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The free **Consumer Action Handbook**. It's in print and online at ConsumerAction.gov. Order your free copy online at ConsumerAction.gov or write to Handbook, Pueblo, CO 81009.

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The WarmWise Natural Gas Appliance Rebate program is available to active Columbia Gas of Kentucky residential customers. Rebates will be provided with proof of purchase and installation of eligible natural gas appliances. Funds are limited, and rebates will be provided on a first come, first served basis while funds remain available. See rebate application for program details. This program is administered by H-A-Group Enterprises, an independent contractor of Columbia Gas of Kentucky.

Community Calendar

Calendar items will be printed as space permits

Editor's note: To announce your community event, you may hand-deliver your item to The Floyd County Times office, located at 263 S. Central Avenue, Prestonsburg; or mail to: The Floyd County Times, P.O. Box 350, Prestonsburg, KY 41653; or fax to 606-886-3603; or email to: features@floyd-countytimes.com. Information will not be taken over the telephone. All items will be placed on a first-come, first-serve basis as space permits.

Foster parents needed
Do something rewarding, change a child's life by becoming a foster parent. Singles & couples welcome. Foster families are financially compensated monthly and will receive other financial reimbursements. Call for more information at 606-886-0163 or visit our website at: www.benchmarkfamily-services.org

Free Parenting Classes
To determine eligibility, call John 791-9887.

Autism Awareness & Support Group
2nd Monday of each month. Calvarys Call Church, Lancer, Ky. (6-7 p.m.). Contact: Billie Chain, eastkyautismawareness@gmail.com

Autistic Children Support Group plans monthly meeting
Support group for Guardians of Autistic Children will meet the first Thursday of every month at the Haven of Rest, 1601 Airport Road, Inez. Call 606-298-0520 for information.

Non-profit agency needs foster parents
Non-profit agency in need of foster parents in your area. Financial compensation/bonuses, free foster parent trainings, mileage reimbursement, and 24-7 support are available. All foster children get a medical card, free school lunches, and clothing vouchers/other reimbursements. Call for more information, at 606-886-0163 or visit our website at: <http://www.benchmarkfamily-services.org>

Auxier Learning Center offers home repair aid
Need help with home repairs? The Auxier Lifetime Learning Center can help. We are now taking applications for home repairs. If you or someone you know are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by the office at 21 South River Street, Auxier. Office hours: Monday-Friday, 8:00-4:00. Must provide proof of income and ownership.

Benchmark Family Services family care support
Benchmark Family Services is a private, non-profit therapeutic foster care agency seeking caring and compassionate foster parents in eastern Ky. Free flexible training schedules, 24-7 support, monthly financial compensation, financial bonuses, and mileage reimbursement available. Call: 606-886-0163. www.benchmarkfamily-services.org

FCHD offers Body Recall exercise classes
The Floyd County Health Department offers Body Recall gentle exercise classes every Monday, Wednesday, and Friday, at

9:30 a.m. at May Drive, just off 1428, and at 10:30 at the First Presbyterian Church in Prestonsburg.

Classes are free and open to the public. Call 886-2788 for more information.

Become a Volunteer with Victim Services Program
You are more likely to be hurt by someone whom you know rather than be assaulted on Kentucky's streets by a total stranger. Learn to assist victims of sexual assault, child abuse and domestic violence by becoming a Volunteer with Victim Services Program. Call today to receive an application for our free training program.

Call the Volunteer Coordinator at (606) 886-4323 for further information or to request an application. (The Victim Services Program is a program of Mountain Comprehensive Care Center.)

OutPatient Drug Treatment Program and Education
Narconon warns parents

that abuse of addictive pharmaceutical drugs with youth is on the rise with deadly consequences. Learn the signs of drug abuse. Call Narconon for a free brochure on the signs of addiction for all drugs. 877-379-0208. www.drugsno.com

Reunion/Memorial to be held in 2010
Old House Hollow, "Bristle Buck", East McDowell, to be held in 2010. For information, Send a post card to 47 Frasure Creek Road, McDowell, KY 41647, or e-mail: patricia.466@hotmail.com; also Post Card, P.O. Box 431, McDowell, KY 41647.

Auxier Community Center
Free GED classes, Monday, Tuesday and Wednesday, from 10 a.m.-12.

Free Bible Lessons
Write to: Bible Way Outreach Ministry, P.O. Box 3371, Kingsport, TN 37664. Lessons completely free of charge to all interested.

ed.

Have an 'Out of this World' birthday party!
The East Kentucky Science Center is now offering a fun and distinctive party venue for kids of all ages. The Birthday Party package includes rental of a classroom and admission to exhibits and planetarium programs. Must be booked two weeks in advance; limit 40 guests. Call 889-3260 for more information.

Need Help With Home Repairs?
The Auxier Lifetime Learning Center can help! We are now taking applications for home repairs. If you, or someone you know, are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by our office at 21 South River Street, Auxier. Office Hours: Monday-Friday, 8-4.

Democratic Woman's Club meets at May Lodge
The Floyd County Democratic Woman's Club

meets the second Monday of each month at 6:00 p.m., at the May Lodge, Jenny Wiley State Park.

Need help with addiction?
Lifeline of Floyd County "Conquer Chemical Dependency" is a Christ-centered 12-step program offering support to those who are coping with addiction and learning to live drug-free lives. The support group meets on the following schedule:

Mondays, at Minnie (beside pharmacy), from 7-8 p.m.
Mondays, at Little Mud, Spruce Pine School, from 7-8 p.m.

Tuesdays, in Prestonsburg, in the Van Ark Building, from 2-3 p.m.

Tuesdays, at David, The David School, from 3:30-4:30 p.m.

Wednesdays, at Allen Baptist Church, from 7-8 p.m.

Thursdays, at Allen Baptist Church, from 7-8 p.m.
For more information,

call Shirley Combs at (606) 434-8400, or Tom Nelson at (606) 478-2836.

Hope in the Mountains
Hope in the Mountains will host public meetings on Mondays, at 9 a.m., at the junction of U.S. 23 and Rt. 80, on Water Gap Rd., behind the Trimble Chapel Church.

Meetings focus will be to offer information in regard to community resources available to women seeking freedom from drug abuse. Family members are also welcome to attend. The Hope initiative proposes to help women break free from addictive lifestyles to become self-respecting contributing members of society.

Call 874-2008 or 788-1006 for more information.

Prestonsburg Rotary Club
Prestonsburg Rotary Club meets, 12 noon to 1 p.m., at Made From Country at Heart. For additional information, contact Chris Daniel, 886-7354.

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At King's Daughters, every member of our team is committed to just one thing: Getting you the expert heart care you need – quickly and compassionately – so you can get back to your life. And those you love.

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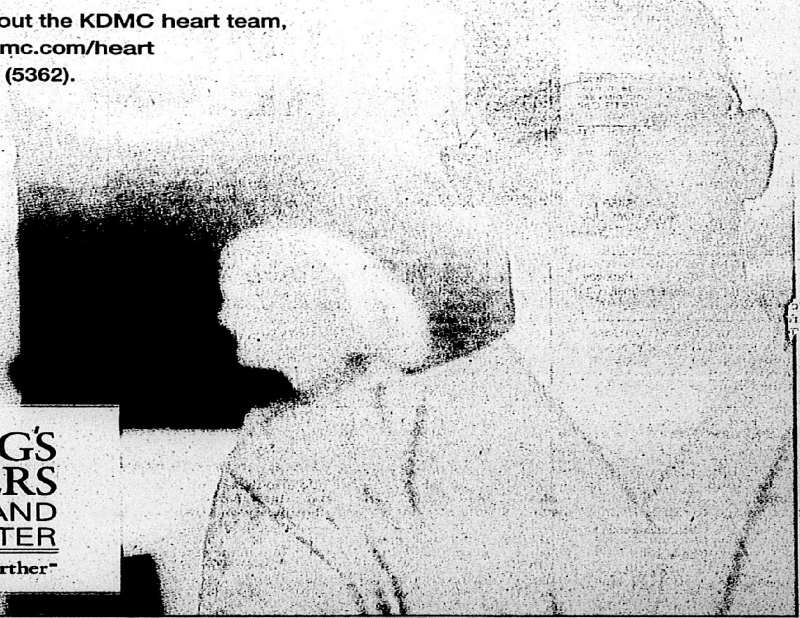
For more information about the KDMC heart team, visit us on the web at kdmc.com/heart or call 1-888-377-KDMC (5362).

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- Maze procedure for atrial fibrillation
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2. Fax: (606) 886-3603
3. E-mail: fctclassifieds@floydcountytimes.com
4. Stop by: 263 S. Central Avenue, Prestonsburg
5. Mail: P.O. 390, Prestonsburg, KY 41653

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 Call 886-3849 for more
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Apartments/Townhouses

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 Appliances and utilities
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 Prestonsburg and Paintsville. \$550
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 pets. 6 months lease. Also 1 br
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 6016.

1 br furnished apartment for rent. All
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Large apartment for rent. Located
 on US 23 at Stanville. 2 br, 2 bath.
 Walk in closet. Large living room
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 Call 886-878-8100.

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Very nice 2 br, 1 bath apartment for
 rent. Located near college in Pre-
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2 BR Duplex for rent, central heat
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 curity deposit required. Also 2 br
 mobile home. Call 889-9747 or
 886-9007.

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 Call 285-9003.

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 1561 Progress Drive
 Madisonville, KY 42431
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 Fax: 270-821-1860

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Community Services Program Manager

Big Sandy Area Community Action Program is seeking applicants for a
 Community Services Program Manager.

The successful candidate can demonstrate the ability to formulate plans and
 organize programs, manage administrative matters ranging from paperwork,
 required reporting, budget policies and participant involvement. The should also
 be creative in thinking, formulating plans, and researching proposals. The
 organization will use and work on as a project to fill gaps in community and
 communication skills are vital as the incumbent will be providing outreach to
 broaden reach of services.

Qualifications: Bachelor's Degree in Business, Social Work, or related field is
 desired and five years of professional experience in leading and directing social
 programs. Combination of education and experience may substitute. Valid
 driver's license is required.

Big Sandy Area Community Action Program is one of a network of more than
 1,000 Community Action organizations located across the United States
 committed to fighting poverty by empowering individuals.

To apply send resume and letter of interest to:

Human Resources Manager, 230 Court Street, Paintsville, KY 41240

Closing Date for Applications: January 21, 2011. An equal opportunity employer.

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 61 Regency Park Dr., Box 17
 Prestonsburg, KY 41653
 Phone: 606-886-8318
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To stay safe from fires:

- ☐ Create a home fire escape plan
- ☐ Practice your plan at least twice a year
- ☐ Install smoke alarms and escape ladders
- ☐ Replace smoke alarm batteries at least once a year
- ☐ Purchase and learn how to use fire extinguishers safely

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Kentucky Great Grief Circle Association
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Weatherization Crew Laborer

Big Sandy Area Community Action Program is seeking a Crew Laborer for the Weatherization Assistance Program in Pike County. Duties include but are not limited to: Performing energy saving functions to existing structures which includes air infiltration, duct repair, insulation, roofing, ceiling repair, wall and floor repair, window and door replacement, and heat system installation. Two years of heating systems, carpentry and/or construction experience that includes a wide range of general skills and knowledge is required. The successful candidate must possess the ability to lift/move heavy objects (up to 100 lbs.), bend, stoop, climb and perform work in various weather conditions. Candidates must have knowledge of occupational hazards, safety precautions and be proficient in the proper use and care of power hand tools. The position will require a valid driver's license and frequent travel throughout the area of Martin, Floyd, Pike and Johnson Counties.

Qualified applicants may submit a resume and letter of application to Big Sandy Area Community Action Program

ATTN: Human Resources Manager, 230 Court Street, Painville, KY 41240 or via email to webb@bsacap.org. Closing date for Applications is Friday, January 14, 2011. An Equal Opportunity Employer

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1-800-821-8139
ext 210

Rentals

For rent: 2 br mobile home. 3 1/2 miles from Prestonsburg. \$450 per month plus \$300 deposit. No pets! No HUD! Call 606-339-5599.
Mobile home for rent. 2 large brs, 2 baths. 16 x 72 excellent condition on private lot. 4 miles from MAC on Rt 114. Call 886-2896.
2 Br Mobile home for rent. Located on Hwy 114. \$450 per month plus deposit. Call 886-8366.
Nice 2 br mobile home for rent. Located in Prestonsburg. Call 874-0875.

Houses For Rent

2 Br. house for rent. Located in Betsy Layne. Call for details 606-478-5403.
Non-Smoking 3br, 2 ba House for rent. Kitchen, dining room, utility room. Master bedroom with bath. Heat pump. Built in vacuum. Located in Knott County. \$575 month plus deposit. Call 606-438-6104.
House for rent. Two story, 4 br with 2 bath. Located at Global Roberts in Prestonsburg. Ky \$600 per month plus \$600 deposit. No inside pets. If interested call 859-234-6997.

Houses For Sale

For sale by owner 1 1/2 br, 1 1/2 ba. Farm house with 3 level acres & barn. Located in Banner area. Call 874-9456 for appointment.
2 to 3 br houses for sale. Located at Garrett. Large yard. \$59,500. Call 226-3038.

Miscellaneous

5 AKC registered Snoozer puppies. 6 wks old. Also 2 beagles. All shots up to date. Call 889-1756.
Have questions? Need answers? We can help! Call East Kentucky Research group at 606-377-7769.
For sale: Bass & Trout. Full stock 9 weeks old. \$100. Call 285-0880.

Commercial

Office space for lease in Prestonsburg two blocks from the courthouse. Call 226-9976.

Help Wanted - General

Prestonsburg Health Care Center currently has openings for full time day shift and night shift Nurse Assistants. We offer competitive pay and benefits. For more information please call 606-886-2378.
Equipment Operator Job Openings: Dozer and excavator job openings. Day shift at surface mine at Dorton, Pike County. KY Operators must have three or more years experience on surface mining operation. Medical, dental and prescription insurance provided. Salary commensurate with job skills and experience. Appointment by calling 606 285 9472.
Drivers needed: Class A CDL apply in person at H.T. Hackney Co. Harold Ky. Pre employment drug test required. Please bring drivers license & social security card when you come to apply.
Central Financial Services, Inc. has immediate openings for multiple positions. Individuals will become a member or a team devoted to providing quality customer service. Duties include greeting customers, answering multiple phone lines, data entry, receiving and processing cash/check payments, and other duties. Must be a high school graduate or equivalent. Apply in person to Central Financial Services, Inc. 198 Collins Circle Box 4, Prestonsburg, KY 41653. EOE

100 Legal

NOTICE OF INTENTION TO MINE Pursuant to Appellate Case No. 877-0182 Amendment 2

In accordance with KRS 350.070, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, West Virginia 25560 has filed for an amendment to an application for a surface coal mining and reclamation operation located 1.1 miles northeast of Gunlock and situated in both Magoffin and Floyd Counties. The amendment proposes to add 72.14 underground acres of which 72.14 acres underlie surface area making a total permit area of 619.41 acres. The proposed amendment area is approximately 1.1 miles southwest from Brushy Fork County Road's junction with KY Route 7 and is located near Brushy Fork of the Licking River. The proposed amendment is located on the David USGS 7 1/2 minute quadrangle map. The permit area will underlie land owned by Gladys Sheppard, Clyde Allen Estate, Ruie Reagan et al., and Big Branch Holding Company, LLC. The amendment application has been filed for public inspection at the Department for Natural Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of Mine Permits, #2 Hudson Hollow Complex, U.S. 327 South, Frankfort, Kentucky 40601.

Proposal for a four (4) door pick up truck F-150 or equivalent.

The proposal needs to include total cost for one vehicle. "Call The Door" The proposal will be considered based on price, features, warranty, if interested please contact the Housing Authority of Maysville, KY Raymond Griffith Drive # 1101 Martin, KY 41649. 606-285-3681. Fax # 606-285-0022. All proposal must be received by 2:15p.m. local time Thursday January 13, 2011.

Accepting Multi-Family Weatherization Applications The Weatherization Assistance Program is operated in Kentucky by Community Action Kentucky, a non-profit organization consisting of a network of 22 local Community Action Agencies and one unit of local government. The Weatherization Program provides assistance to low-income residents to help make their homes more energy efficient and lower utility bills through a variety of conservation measures including: adding attic insulation, stopping air infiltration, repairing or replacing inefficient heating systems, and more. Eligible households must have an income at or below 200% of the federal poverty guidelines. Multi-family buildings are eligible if 66% of the dwelling units in the building (50% if fewer than 10 units) meet the income eligibility requirement. For complete information on how multi-family landlords/owners can apply, contact your local community action agency. Contact information can be found at www.kaca.org or call Community Action Kentucky toll free at (800) 456-3452.

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MAMA'S BOYZ

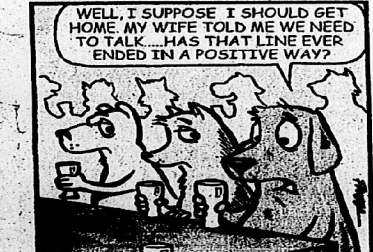
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JERRY CRAFT

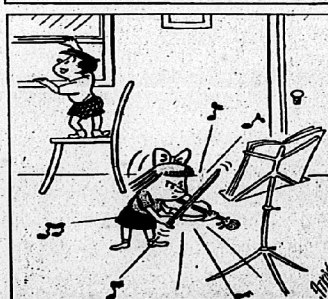


Just Like Cats & Dogs

by Dave T. Phipps



LAFF-A-DAY

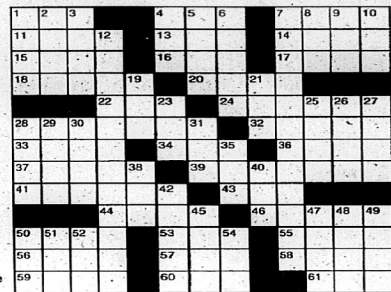


"Let's open a few windows. This stuff's too good to keep indoors."

King Crossword

ACROSS

- 1 Peculiar
4 Bikini half
7 Poet
11 Angelou
13 "— the ramparts
14 Mid-month date
15 Celebrity
16 Witty one
17 Last year's frosh
18 Skewered entree
20 Mineral hardness scale name
22 Apprehend
24 Toy (with)
28 Sheriff
32 Did a cobbler's job
33 Composer
34 Khachaturian
36 Require
37 Stiff
39 Lustrous, in a way
41 Meryl
43 Streep's alma mater
43 Hawaiian garland
44 Overly confident
46 Fake drake

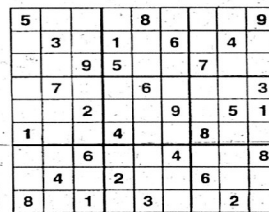


- 50 New Zealand
53 Bow the head
55 Coffee
56 Reverberate
57 Raw rock
58 Mideast sultanate
59 Night light?
60 Fresh
61 Wapiti
6 quantity
7 Shop talk
7 City in Orange County, Calif.
8 Commotion
9 "Uh-huh"
10 Blond shade
12 Message
19 "Hum-bug!"
21 Storefront sign abbr.
23 Cudgel
25 Siberian city
26 Be too fond
27 Colorless
28 Violinist's need
29 Paper
30 "Before," in an Alger story
31 — Vegas
35 Zero
38 Weir
40 Started
42 Talk nonstop
45 Former veep
47 Arrived
48 Elliptical
49 Tug hard
50 Trivia maven
51 Jennings
51 Lemieux milieu
52 Which person
54 Morning moisture

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 3x3 box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

★★★ HOO BOY!

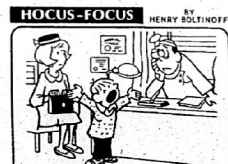
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Trivia test

by Fifi Rodriguez

1. ANATOMY: Where in the human body is the mandible?
2. MYTHOLOGY: According to Greek mythology, who ferries the souls of the dead across the rivers Styx and Acheron?
3. GENERAL KNOWLEDGE: By what common name is the pirate's flag of skull and crossbones known?
4. ENTERTAINERS: Which actress was born with the name Betty Joan Perske?
5. MEASUREMENTS: What does a tachometer measure?
6. HISTORY: What was the first year of the winter Olympic Games?
7. GEOGRAPHY: Where is Valley Forge, site of George Washington's encampment during the Revolutionary War?
8. ASTRONOMY: Europa is a moon of which planet?
9. LITERATURE: Who wrote "The Tropic of Cancer"?
10. LANGUAGE: In poetic terms, what is a "tarn"?

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think you can decipher the message, please send the answer to the publisher. The puzzle is accompanied by a list and a key.

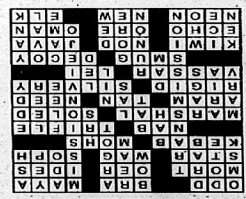
Clue: O yields D

ICDG GTN-CKN HLGDV
VKLGO MDRFFJ NCKGJ RGO
TGVTDGDM, IKLFO JKL ORFF
HCRH NFRVHTQ MRN?

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When hip-hop tunes sound really phony and that plastic rap?

CryptoQuip



Solution time: 21 mins.

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

King Crossword

Answers

New year. New phone. New you.



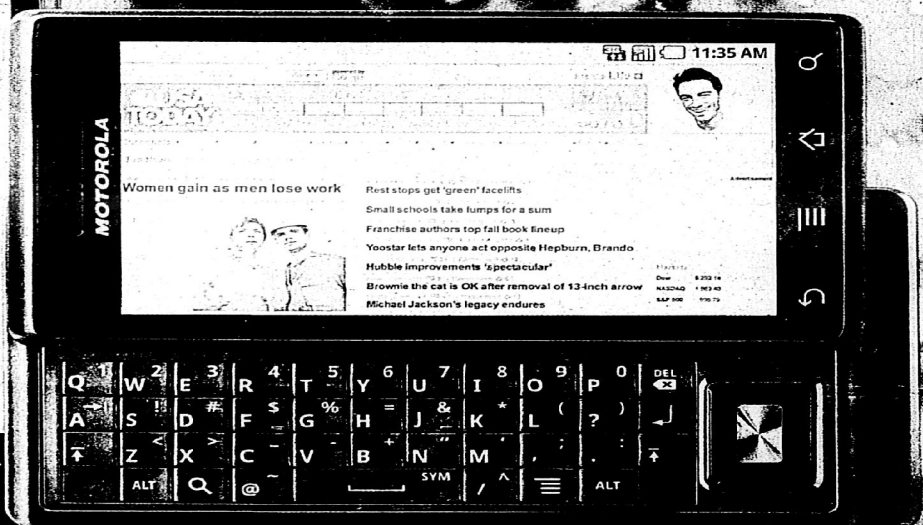
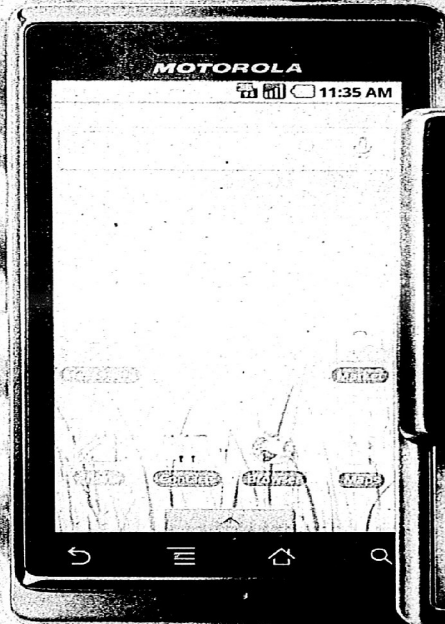
MOTOROLA

MILESTONE



android

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January 1 - 31

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